PROFESSIONAL HEALER COURSE • IN PERSON

Chakras, Charge & the Energy Body

Transformation through the Psychology of Your Life Force

MAY 18–23, 2027 • WESTERBEKE RANCH • SONOMA, CALIFORNIA

REGISTER BY EMAIL

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THE CENTRAL QUESTION

What if the key to healing is working with energy?

"At the heart of healing is energy. Through the ages, it has been called many names: *prana, chi, libido, orgone energy.* Star Wars simply calls it The Force.
I call it **CHARGE.**"
– Anodea Judith, PhD –



UNDERSTANDING CHARGE

The felt experience of your life force

Charge is the energy of aliveness moving through your body, your emotions, your relationships, and your consciousness. You know it when you feel it: the surge of excitement, the trembling of fear, the impulse to cry, the heat of anger, the electricity of attraction, the expansion of joy.

And you know when it gets stuck or imbalanced.

But do you know what to do about it?

"Charge is the bridge between mind and body, psychology and physiology, human experience and spiritual awareness."

FOR THERAPISTS & HEALERS AND THOSE ON A HEALING JOURNEY

This is not a workshop of hand-waving over the chakras.

It is an opportunity to experience your own life force directly—and to develop the capacity to recognize, regulate, move, and transform charge in yourself and in those you work with.

FIVE TRANSFORMATIVE DAYS

What you will learn

01 — How to follow the charge—in yourself and in another.

02 — How to generate charge when you need more energy.

03 — How to regulate and ground yourself when charge becomes too much.

04 — Bioenergetic exercises for charging and discharging at each chakra level.

05 — How to expand your comfort zone rather than simply jumping over it.

06 — How charge behaves in trauma and PTSD, and how to work with it safely.

07 — How charge becomes bound into tissues, defenses, and habitual patterns—and ways to free those blockages.

08 — The patterns of held charge and how they relate to the five bioenergetic character structures.

09 — Charge and disease: exploring the language of trapped energy behind your symptoms.

10 — How charge is the integrator between mind and body.

11 — How to harvest your charge for greater aliveness, awareness, and healing.

SPECIAL NOTE — This workshop counts as Course 301 towards the *Sacred Centers Academy Certification Program.*

THE QUESTIONS WE WILL EXPLORE

How does energy actually move through the body?

How is it shaped by the psyche?

How does trauma alter its flow?

How do the chakras organize charge for operating in the world?

And how can we work with this energy consciously, safely, and skillfully?

This workshop explores those questions not simply through theory, but through direct experience.

THE INTENTION

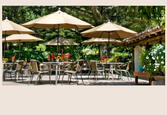
The goal is not to transcend the body.

The goal is to become more fully alive within it.



THE RETREAT SETTING

Westerbeke Ranch



Held at Westerbeke Ranch, a private retreat center in the heart of California's wine country.

This five-day immersion offers the opportunity to step away from everyday demands and enter deeply into your own process of exploration and transformation.

DATES
May 18–23, 2027 • Tuesday evening through Sunday noon

ON SITE
Wonderful cuisine, beautiful gardens, pool, hot tub, massage services, and a small shop for incidentals.

LODGING
Five nights + three meals per day. Shared accommodations only; bedrooms have two, three, or four beds. Two single yurts are also available.

INVESTMENT

Tuition & Lodging

Choose your registration timing for special tuition discounts.
Lodging and food are priced separately.

SUPER EARLY BIRD	EARLY BIRD	REGULAR
$500	$625	$750
Before November 1, 2026	November 1, 2026 through March 1, 2027	After March 15, 2027

Registration closes April 27, 2027.

Lodging + food: $1,395 for five nights and three meals per day.
Local commuters: $675 for the week, includes lunches. Dinner and breakfast available with advance notice for an extra fee.

GETTING THERE

Four regional airports

Santa Rosa / Sonoma County (STS)
Approximately 40 minutes

Oakland International (OAK)
Approximately 1 hour

San Francisco International (SFO)
Approximately 1 hour 10 minutes

Sacramento International (SMF)
Approximately 1 hour 20 minutes

There is no direct airport shuttle to the town of Sonoma, but shared Ubers can be arranged.
From Santa Rosa, it is possible to take the SMART Train to Petaluma and then a shorter Uber ride.



ABOUT YOUR FACILITATOR

Anodea Judith, PhD

Anodea Judith is the author of a dozen books on chakras, psychology, yoga, women's issues, and social transformation. She is the founder and director of **Sacred Centers Academy** and has been teaching workshops around the world for nearly 50 years.

Before taking to the workshop circuit at the turn of the century, she had a 20-year private practice in somatic psychotherapy, with special training in bioenergetic techniques, trauma work, yoga therapy, and more.

She is the author of *Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self* and *Wheels of Life*, among many others. Her books are in 29 languages and her courses have reached over 160 countries.

This workshop is based on her 2018 book, *Charge and the Energy Body.*

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Come Home to Your Self

If you are a therapist, healer, or practitioner who wants to go beyond talking about healing and develop a deeper, embodied understanding of the forces that move beneath our thoughts, emotions, behaviors, and symptoms, this workshop is for you.

Come explore the energy body—not as an abstract spiritual concept, but as a living dimension of human experience.

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